



Find all the latest information on public health, health improvement & local services and campaigns at

[www.cambridgeshire.gov.uk/be-well](http://www.cambridgeshire.gov.uk/be-well)

The purpose of this brochure is to present a range of lifestyle management support services available to residents of Cambridgeshire.

**This brochure was correct as of Summer 2018.**

The contents are subject to change and will be updated as changes are known. If you notice any errors, missing information or are running low of this brochure please advise the Public Health Team on:

Tel: 01223 507225

Email: [shaun.birdsall@cambridgeshire.gov.uk](mailto:shaun.birdsall@cambridgeshire.gov.uk)

[www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk)



## FOR FRONTLINE SERVICES South Cambridgeshire

**Social Care**

**Adult Learning & Skills**

**Stop Smoking**

**Drug & Alcohol Services**

**Sexual Health Services**

**Domestic Abuse & Sexual Violence**

**General Help & Support**

**Pre / Post Natal Services**

**Mental Health & Wellbeing**

**Exercise, Fitness & Physical Activity**

**Lifestyle Advice**

**Pharmacy Services**

[www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk)

## Support for adults and older people

Web: [www.cambridgeshire.gov.uk/careandsupport](http://www.cambridgeshire.gov.uk/careandsupport)

Phone: 0345 045 5202

Email: [careinfo@cambridgeshire.gov.uk](mailto:careinfo@cambridgeshire.gov.uk)

Or Information is available by visiting any Cambridgeshire library



Cambridgeshire County Council can provide information to help people plan for the future, to maintain your healthy and independence, and regain your independence if a crisis arises. We can also inform you of your choices if care becomes a necessity. We also signpost you to voluntary services and things to do in your area. **Carers** - a carer is anyone who provides unpaid support to a partner, relative or friend who could not manage to live independently, or whose health would deteriorate without help. This might be due to frailty, disability, health condition, or substance misuse. We need carers to contact us so we can look at any support they might need.

## Supporting families

There is information on parenting, education, childcare, Children's Centres, money and benefits, social care, fostering and work and training on the Cambridgeshire County Council website.

[www.cambridgeshire.gov.uk/residents/children-and-families](http://www.cambridgeshire.gov.uk/residents/children-and-families)

There is also a section dedicated to children and young people with special educational needs and/or disabilities, including information on education, childcare, health and where to get help and support.

[www.cambridgeshire.gov.uk/localoffer](http://www.cambridgeshire.gov.uk/localoffer)

We have a directory listing national, local, voluntary and local authority services, including schools, childcare providers and Children's Centres.

[www.cambridgeshire.gov.uk/familiesdirectory](http://www.cambridgeshire.gov.uk/familiesdirectory)

All families with a child aged from 0 to 5 can use a Cambridgeshire Child and Family Centre's. Families can have fun, play, learn and grow together. Mums, dads, grandparents, carers and parents-to-be can access information, groups, activities and services. [www.cambridgeshire.gov.uk/child-and-family-centres](http://www.cambridgeshire.gov.uk/child-and-family-centres)

## Pharmacy Services



### What does your local Pharmacy offer?

Your local pharmacy is the place to go to get any prescription, medicine and Clinical advice for minor health concerns. But they do a lot more than that! As well as helping with common illnesses like sore throats, coughs, colds, tummy troubles and aches and pains, pharmacy teams can also help with stopping smoking, cutting down on alcohol, advice on safe sex and emergency contraception. Many pharmacies are open until late and at weekends. You don't need an appointment - you can just walk in.

### Find a pharmacy near you:

Ascrip Pharmacy, Highfield Court, Church Lane, Madingley, CB23 8AG. 213484.

Waterbeach Pharmacy, 6 Chapel Street, Waterbeach, CB25 9HR. 01223 564422.

Boots Sawston High Street, 25-27 High Street, Sawston, CB22 3BG. 01223 832965

Boots Pharmacy, 37 Woollards Lane, Gt.Shelford, CB22 5LZ. 01223 843262.

The Village Pharmacy, 49 High St., Linton, Cambridgeshire, CB21 4HS. 892018.

Tesco Pharmacy, Yarrow Road, Cambridge, CB1 9BF. 0345 6779287.

Papworth Pharmacy, Chequers Lane, Papworth Everard, CB23 3QQ. 831415.

Lloyds Pharmacy, 9 High Street, Cambourne, CB23 6JX. 01954 718296.

Well Melbourn, 71 High Street. Melbourn, Royston, SG8 6DU. 01763 260221.

Lloyds Pharmacy, 10 High Street, Royston, Hertfordshire SG8 9AG. 01763 242185.

Bassingbourn Pharmacy, 24 High Street, Bassingbourn, SG8 5NE. 01763 250660.

Willingham Pharmacy, 52 Long Lane, Willingham, , CB24 5LB. 01954 261787.

The Village Pharmacy , 2 High St., Fulbourn, Cambs, CB21 5DH. 01223 880744.

The Village Pharmacy, 49 High St., Linton, Cambs, CB21 4HS. 01223 892018.

Well Cottenham, 222 High St., Cottenham, Cambs, CB24 8RZ. 01954 250556.

Well Pharmacy Cambridge, 115 Station Rd., Impington, CB24 9NP. 01223 234754.

Well Pharmacy, 1 Station Rd, Histon, Cambridgeshire, CB24 9LQ. 01223 232672.

Gamlingay Pharmacy Ltd, 37 Church St, Gamlingay, SG19 3JH . 01767 650334.

Tesco Pharmacy, 15-18 Viking Way, Bar Hill, Cambridge, CB23 8EL. 0345 677 9031.

## Lifestyle Advice



A friendly and impartial service that offers everyone free help and support for any healthy change you want to make in your life. This could be for things like getting your family fitter, doing some regular exercise, dealing with stress, kicking a habit, or simply improving your general wellbeing.

Delivered by Everyone Health, funded by Cambridgeshire County Council, and supported by other partners, Everyone Health is helping to improve the health and wellbeing of local communities.

Choose what type of changes you would like to make, and find events, activities and services near you. Then you can talk to our friendly Health Coaches over the phone or in person.

### At Everyone Health we:

- ♥ Empower people to adopt healthier behaviours
- ♥ Develop community capacity addressing the wider determinants of health
- ♥ Offer cost effective approaches
- ♥ Provide local leadership and technical expertise
- ♥ Offer creative solutions to engage communities, families and individuals in managing their health and wellbeing

### Our Services in Cambridgeshire:

- |                                  |                   |
|----------------------------------|-------------------|
| ♥ Falls Prevention               | Health Trainers   |
| ♥ Weight Management For My Child | Wellbeing At Work |
| ♥ Adult Weight Management        | NHS Health Checks |

### Contact us:

**Phone:** 0333 005 0093

*(Mon-Fri 8am–6pm) Voicemail is in operation outside of these times.*

**Email:** [changepointcams@everyonehealth.co.uk](mailto:changepointcams@everyonehealth.co.uk)

**Web:** [www.everyonehealth.co.uk/cambridgeshire-county-council](http://www.everyonehealth.co.uk/cambridgeshire-county-council)



## Adult Learning & Skills

### Cambridgeshire Adult Learning & Skills

Adult Learning and Skills helps individuals, communities and businesses fulfill their potential and grow, by giving them access to learning and skills development. The service works to offer a consistent and high quality experience for people wherever they engage with us, and to work with partners to ensure we reach those furthest from learning. The teams within the service can offer careers advice and guidance and a range of support for skills development and routes into employment.

We operate out of five learning centres across Cambridgeshire based within the Library:

- Cambridge Central
- Ely
- Huntingdon
- March
- Wisbech

You can find out more about our centres here:

[www.camsals.co.uk/about-us/our-adult-learning-and-skills-centres/](http://www.camsals.co.uk/about-us/our-adult-learning-and-skills-centres/)

Whether you want to improve your English, Maths or IT; improve your job prospects; learn something new; want to help your children; or find out about supported learning contact;

### Cambridgeshire Adult Learning and Skills Centre

**Tel:** 01223 729185

**Website:** [www.camsals.co.uk](http://www.camsals.co.uk)

**Email:** [CambsALS@cambridgeshire.gov.uk](mailto:CambsALS@cambridgeshire.gov.uk)



## Stop Smoking Services



### What does CAMQUIT provide?

- FREE information and support to people who would like to stop smoking
- Specialist trained advisors are based throughout Cambridgeshire
- One-to-one appointments with a specialist advisor are available during the daytime and evening. Appointments will last approximately 20 minutes

### Where are the services provided?

- Within all GP practices
- In many pharmacies
- In community-based clinics
- Telephone support via our dedicated CAMQUIT **phone line**: 0800 018 4304

### What do stop smoking advisors do?

- Offer specialist advice, support and encouragement to help people stop smoking for good.
- They listen and are non-judgemental.
- Support smokers to access medication which will improve their success rate, such as Nicotine Replacement Therapy (NRT), Zyban and Varenicline via NHS prescriptions

**Phone:** 0800 018 4304

**Email:** [eh.camquit@nhs.net](mailto:eh.camquit@nhs.net)

**Web:** [www.camquit.nhs.uk](http://www.camquit.nhs.uk)

## Physical Activity / Mental Health & Wellbeing



Cambridgeshire has many opportunities to take part in sport or physical activity. Sometimes it can be difficult to find out what is available locally though.

Let's Get Moving Cambridgeshire will identify and share opportunities, develop new opportunities and support people to be more physically active.

Whether you're on your own, in a pair, or as a group, visit [www.letsgetmovingcambridgeshire.co.uk/join-in](http://www.letsgetmovingcambridgeshire.co.uk/join-in), fill in the short form and we'll get back to you with local activities and classes and ideas to get active that suit you!

Email: [info@letsgetmovingcambridgeshire.co.uk](mailto:info@letsgetmovingcambridgeshire.co.uk)

### Active & Healthy 4 Life scheme



Exercise referral scheme for residents with medical conditions runs in sports centres across the district and is a 12-week personalised fitness programme drawn up and supervised by qualified instructors.

#### The scheme is for adults with one or more of the following medical conditions:

High blood pressure	High cholesterol	Depression
Stress Anxiety	Back pain	Osteoarthritis
Rheumatoid arthritis	Joint replacement	Diabetes
Osteoporosis	Asthma	Chronic obstructive pulmonary disease (COPD)

Access to the scheme is by referral from a GP or another health professional such as a physiotherapist or nurse. Patients can ask to be referred. . Referral form can be found on our web site.

**Tel:** 01954 713070 **Email:** [AandH4L@scamb.gov.uk](mailto:AandH4L@scamb.gov.uk)

**Web:** [www.scamb.gov.uk/active](http://www.scamb.gov.uk/active)

## Exercise, Fitness & Physical Activity

### Sawston Sports Centre



Phone: 01223 712555

Email: [info@sawstonsports.com](mailto:info@sawstonsports.com)

Web: [www.sawstonsports.com](http://www.sawstonsports.com)

Where: Sawston Sports Centre, New Road, Sawston, Cambridge CB22 3BP

#### Facilities:

- |                            |                             |
|----------------------------|-----------------------------|
| ▪ Squash Court             | Gymnasium                   |
| ▪ Fitness Suite            | Floodlit Astro turf pitches |
| ▪ 18m Indoor Swimming Pool | Tennis Courts               |
| ▪ Rugby Pitches            | Indoor Cricket Nets         |
| ▪ Trampolining             | Fitness classes             |
| ▪ Squash                   | Table Tennis                |
| ▪ Badminton                | Netball                     |

### Swavesey Sports Centre



Phone: 01954 234453

Email: [sport@swaveseyvc.co.uk](mailto:sport@swaveseyvc.co.uk)

Web: [www.swaveseyvc.co.uk/community-sports-development](http://www.swaveseyvc.co.uk/community-sports-development)

Where: Swavesey Village College Sports Centre, Gibraltar Lane, Swavesey, CB24 4RS

#### Facilities:

- |                          |                              |
|--------------------------|------------------------------|
| ▪ Hockey and Tennis      | Football and Basketball      |
| ▪ Gymnasium              | Trampolining                 |
| ▪ Martial Arts and Dance | Rugby, Cricket and Athletics |
| ▪ Fitness classes        | Netball and Tennis           |
| ▪ Football               | Gymnastics                   |
| ▪ Sports Hall            | Cricket Practice Nets        |

## Drug & Alcohol Services



Cambridgeshire Inclusion offer free and confidential support to residents of Cambridgeshire aged 18 and over. Inclusion is for anyone who is:

- Worried about their drug or alcohol use?
- Want supports to cut down or stop
- Already tried to give up on their own and is finding it hard

Inclusion offer different ways to get involved and support their work; volunteering and recovery champion development opportunities.

Patients can book to see a member of staff from Inclusion calling the below number or by receiving a referral from a health professional.

Self Referral Accepted: Yes

Cost of Service: Free

Other Costs: None

#### Contact details

Phone: 0300 555 0101

Email: [cambridgealcohol@nhs.net](mailto:cambridgealcohol@nhs.net)

Web: [www.inclusion-cambridgeshire.org.uk](http://www.inclusion-cambridgeshire.org.uk)

#### Our office locations

- ◇ 351 Mill Road, Cambridge, CB1 3DF
- ◇ 1A Fortescue Road, Cambridge, CB4 2JS,
- ◇ 7-8 Market Hill, Huntingdon, PE29 3NR,
- ◇ 52 Market Street, Ely, CB7 4LS,
- ◇ 18 Cross Keys Mews, St Neots, PE19 2AR
- ◇ Church Terrace Wisbech, PE19 1BW

## Sexual Health Services

### Integrated Contraception and Sexual Health services



iCaSH Cambridgeshire provides all aspects of sexual health, including sexually transmitted infection (STI) testing & treatment, contraception, and HIV care and treatment, available from easily accessible single locations across Cambridgeshire. Anyone can self refer to our service.

The clinics are totally confidential.

#### Services

We will provide support, information, treatment and care for all sexually transmitted infections and onward referral to specialist services where appropriate. We provide contraceptive advice and supplies including long acting methods (implants and intrauterine devices (IUDs) and emergency contraception. We run specialist clinics for complex contraception problems including implant removals or difficult insertions or removals of IUDs.

#### Clinics

- Lime Tree Clinic, 351 Mill Road, Cambridge, CB1 3DF
- Parkside Sexual Health and Contraception Clinic, North Cambs Hospital, Wisbech, St Augustines Road, Wisbech, PE13 3AB
- Princess of Wales Hospital (outpatients dept), Lynn Road, Ely, CB6 1DN
- Clinic 6, Oak Tree Centre, 1 Oak Drive, Huntingdon, PE29 7HN
- Dumbelton medical Centre, Chapman Way, Eynesbury, St. Neots, PE19 2HD

**Phone** 0300 300 3030 for appointments

**Opening times:** Please visit [www.icash.nhs.uk/cambs](http://www.icash.nhs.uk/cambs)

## Exercise, Fitness & Physical Activity

### Linton Leisure Centre



**Phone:** 01223 890248

**Email:** [lcsc@lvc.org](mailto:lcsc@lvc.org)

**Web:** [www.lvc.org/pages/Sports\\_Centre.php](http://www.lvc.org/pages/Sports_Centre.php)

**Where:** Linton Leisure Centre, Cambridge Road, Linton, CB21 4JB

#### Facilities:

- |                 |                               |
|-----------------|-------------------------------|
| ▪ Sports Hall   | Gymnasium                     |
| ▪ Dance Studio  | Tennis                        |
| ▪ Badminton     | Basketball                    |
| ▪ Cricket       | Netball                       |
| ▪ Football      | Children's Parties            |
| ▪ Fitness Suite | Children's Holiday Activities |

### Melbourn Sports Centre



**Phone:** 01763 263313

**Email:** [info@mc-sport.co.uk](mailto:info@mc-sport.co.uk)

**Web:** [www.mc-sport.co.uk](http://www.mc-sport.co.uk)

**Where:** Melbourn Sports Centre, Melbourn Village College, The Moor, Melbourn, SG8 6EF

#### Facilities:

- |                       |                           |
|-----------------------|---------------------------|
| ▪ Fitness Suite       | 20m Swimming Pool         |
| ▪ Grass Pitches       | Squash Courts             |
| ▪ Indoor Cricket Nets | Badminton                 |
| ▪ Short Tennis        | Table Tennis              |
| ▪ Basketball          | Netball                   |
| ▪ Volleyball          | Indoor & Outdoor Football |
| ▪ Fitness Classes     | Children's Parties        |

## Exercise, Fitness & Physical Activity

### Gamlingay Sports Centre



Phone: 01767 651785

Email: [thefitnessworkshop@yahoo.co.uk](mailto:thefitnessworkshop@yahoo.co.uk)

Web: [www.gamlingayfitnessworkshop.co.uk](http://www.gamlingayfitnessworkshop.co.uk)

Where: Station Road, Gamlingay, Sandy, SG19 3HD

#### Facilities:

- |                   |                      |
|-------------------|----------------------|
| ▪ Gymnasium       | Fitness Suite        |
| ▪ Grass Pitches   | Multi-Use Games Area |
| ▪ Football        | Martial Arts         |
| ▪ Fitness classes | Netball              |

### Impington Sports Centre



Phone: 01223 200404

Email: [sportscentre@ivc.tmet.org.uk](mailto:sportscentre@ivc.tmet.org.uk)

[facebook.com/impingtonsportscentre](https://facebook.com/impingtonsportscentre)

Web: [www.impingtonsportscentre.co.uk](http://www.impingtonsportscentre.co.uk)

Where: Impington Village College, New Road, Impington, CB24 9LX

#### Facilities:

- |  |   |
|--|---|
| ▪ Fitness Suite and Studio   | Over Fitness Classes per week           |
| ▪ 25m Swimming Pool  | Adult, Junior and Baby Swimming Lessons |
| ▪ 5 Badminton Courts   | Indoor 5 a-side Football                |
| ▪ 5 Tennis Courts  | 4 Netball Courts                        |
| ▪ Volleyball   | Trampolines                             |
| ▪ Children's Party Hire and Conference Room Hire   |   |
| ▪ Various Clubs and Societies including Badminton, Swimming, Martial Arts, Model Aeroplane |   |

## Domestic Abuse & Sexual Violence



### Domestic Abuse & Sexual Violence

Our website contains information for victims and survivors of domestic abuse and sexual violence, including how to support a friend or family member and advice on safety. There is also a professionals section on the site which contains free e-learning modules on domestic abuse and sexual violence, as well as detailed signposting, training and research information.

#### Domestic Abuse

If you are experiencing domestic violence or are worried about a friend or family member, the following organisations provide support to people in the local community and accept self-referrals:

Cambridge Women's Aid (Cambridge City, East & South Cambridgeshire)

**Tel:** 01223 361214

Web site: [www.cambridgewa.org.uk](http://www.cambridgewa.org.uk)

Refuge (Fenland, Huntingdonshire & Peterborough)

**Tel:** 07787 255821

Peterborough Women's Aid

**Tel:** 01733 552200

You can also call the National Domestic Violence Helpline on 0800 808 247. This is a Freephone 24 Hour helpline, run in partnership between Women's Aid and Refuge.

#### Sexual Violence

If you have experienced sexual violence, either current or historical, you can contact the following organisations for support:

**Cambridge Rape Crisis Centre | Tel: 01223 245888**

**Peterborough Rape Crisis Centre | Tel: 01733 852578**

**The Elms Sexual Assault Referral Centre | Tel: 0800 193 5434**

## General Help & Support



Age UK Cambridgeshire and Peterborough provide a wide range of services and support for older people, their families and carers both in their homes and the community. This includes:

**Information and Advice:** to people aged 60 or over and their carers.

Topics such as: welfare benefit entitlements, consumer, family and personal health & disability, housing, transport, leisure activities. Signposting and navigation to other services.

**Practical Support:** help with housework and garden maintenance.

**Handyperson Service:** aims to prevent falls and accidents by offering a FREE Personal Assessment, Home Safety Check and arranging small jobs to be carried out such as: installing key safes, fitting grab rails, putting up shelves, fitting blinds/curtains, tacking down fraying carpets, changing lightbulbs, small repairs (gates; locks; changing fuses etc).

**Community Wardens (in certain locations):** help to live in own home with support by receiving daily contact (Mon-Fri), either by phone or personal visit. Types of support: help with shopping, collect prescriptions, make phone calls, help to complete forms, liaise with other services when needed, arrange for a doctor or nurse to visit.

**Day Clubs:** providing opportunities for older people & their carers to socialise, enjoy activities, entertainment and a meal.

**Sharing Time:** home visits by a volunteer providing company and conversation once a week for about an hour, to help prevent feelings of loneliness.

**Volunteering:** providing opportunities & support to volunteer within the charity.

**Phone:** 0300 666 9860 | **Email:** [infoandadvice@ageukcap.org.uk](mailto:infoandadvice@ageukcap.org.uk)

**Website:** [www.ageukcap.org.uk](http://www.ageukcap.org.uk) Find us on **Facebook** and **Twitter**

## Exercise, Fitness & Physical Activity



### Comberton Sports & Arts

**Phone:** 01223 264 444

**Email:** [astewart@combertonvc.org](mailto:astewart@combertonvc.org)

**Web:** [www.combertonsa.org](http://www.combertonsa.org)

**Where:** Comberton Sports & Arts, West Street, Comberton, Cambridge, CB23 7DU

#### Facilities:

- Climbing Wall
- Dance
- Sports Hall
- Full size football pitch
- Badminton
- Judo
- Aerobic
- Gymnasium
- Floodlit Tennis Court
- Floodlit Hard Court Area



### Cottenham Sports Centre

**Phone:** 01954 288760

**Email:** [Info@cottenhamsportscentre.co.uk](mailto:Info@cottenhamsportscentre.co.uk)

**Web:** <http://cottenhamsportscentre.co.uk>

**Where:** Cottenham Sports Centre, Cottenham High Street, Cottenham, CB24 8UA

#### Facilities:

- Badminton
- Basketball
- Cricket
- Indoor
- Table Tennis
- Outdoor football
- Swimming Lessons
- Floodlit Artificial Training Pitch
- Football
- Fitness Classes



## Exercise, Fitness & Physical Activity

### Bassingbourn Sports Centre



Phone: 01763242344

Email: [bisherwood@bassingbournvc.net](mailto:bisherwood@bassingbournvc.net)

Web: [www.bassingbournvc.net](http://www.bassingbournvc.net)

Where: South End Bassingbourn Royston SG8 5NJ

#### Facilities:

- |                |                    |
|----------------|--------------------|
| ▪ Badminton    | Outdoor Football   |
| ▪ Basketball   | Holiday Activities |
| ▪ Netball      | Fitness Classes    |
| ▪ Short Tennis | Table Tennis       |

### Cambourne Fitness & Sports Centre



Phone: 01954 714070

Web: [www.everyoneactive.com/centre/cambourne-fitness-and-sports-centre](http://www.everyoneactive.com/centre/cambourne-fitness-and-sports-centre)

Where: Back Lane, Cambourne, Cambridge, CB23 6FY

#### Facilities:

- |                         |               |
|-------------------------|---------------|
| ▪ Indoor cricket        | Fitness suite |
| ▪ Group exercise studio | Gymnastics    |
| ▪ Sports Studio         | Badminton     |
| ▪ Short tennis          | Football      |
| ▪ Volleyball            | Kids Parties  |

## General Help & Support

Cambridge & District citizens advice

We provide an advice service for all in the city. Many are vulnerable individuals, including people facing language barriers, mental and physical disabilities, health problems or simply those who are struggling or facing a crisis.

We operate a wide range of services from our offices, offering free and impartial advice on topics such as housing, benefits, immigration and debt. You will find more information about these various services on the CAB website.

#### The work we do;

**Welfare benefits and tax credits** e.g. helping to challenge decisions that stop benefits payments or information about eligibility

**Housing:** problems with landlords, bonds, poor conditions, homelessness

**Immigration:** support on a person's right to stay in or enter the UK

**Debt** e.g. multi debt problems, bailiffs, repossession

**Employment** e.g. unfair dismissal, minimum wage, bullying, redundancy

#### How we help people

Problems don't happen in isolation, and can have a severe effect on people's lives. Solving them stops these situations escalating. The wider impact of advice, what we achieve as a result of solving problems and providing support, is just as important. 4 in 5 people said advice improved their life, including improving their health and finances.

Phone: 0344 848 7979

Website: [www.cambridgecab.org.uk](http://www.cambridgecab.org.uk)

## General Help & Support



The Health and Wellbeing Network offers an independent, co-ordinated approach across Cambridgeshire and Peterborough to provide information and advice for both health professionals and members of the public on local services offered by statutory bodies and voluntary sector organisations. We can provide information and signpost you to a range of local services;

- Befriending and social support including local social groups and activities
- Community Transport
- Carer's support
- Financial advice including benefits check
- Support with home safety, cleaning and Gardening

Access to local groups for specific conditions such as Alzheimer's, brain injuries, physical disabilities, poor hearing and eyesight, mental health issues. For more information on the wide ranging services and support available please contact;

- 0300 666 0142
- Email: [admin@hwncambs.org.uk](mailto:admin@hwncambs.org.uk)
- Web: [www.hwncambs.org.uk](http://www.hwncambs.org.uk)



CCVS is a registered charity set up to champion and support community and voluntary groups, and promote volunteering across Cambridge City, South Cambridgeshire and Fenland.

**Tel:** (01223) 464696

**Email:** [enquiries@cambridgecv.org.uk](mailto:enquiries@cambridgecv.org.uk)

**Web:** [www.cambridgecv.org.uk](http://www.cambridgecv.org.uk)

**Address:** 16 - 18 Arbury Court, Cambridge CB4 2JQ

*Our office is open Monday to Friday from 9.00 am until 4.30 pm.*

## NHS Health Checks



Commissioned by  Cambridgeshire County Council

**Anyone aged 40-74yrs, who doesn't have a long-term condition and have not already had one in the last 5 years, are eligible for a free NHS Health Check.**

- ♥ The check will take about 20-30 minutes
- ♥ The patient will be asked some simple questions, for example about family history and choices which may put your health at risk
- ♥ Height, weight, age, sex and ethnicity will be recorded
- ♥ Blood pressure and cholesterol will be assessed
- ♥ Dementia awareness

After the check you will be taken through the results and given personalised advice on how to improve your health & wellbeing with loads of follow-on support available.

Simply look up a patient on your clinical system to check their eligibility!

Free Resources, Best Practice Guidance, Programme Standards, Patient Invites...

[www.healthcheck.nhs.uk](http://www.healthcheck.nhs.uk)

## Mental Health & Wellbeing



### Reading Well - Books on Prescription

Phone: 0345 045 5225

Email: [Cambourne.Referral@cambridgeshire.gov.uk](mailto:Cambourne.Referral@cambridgeshire.gov.uk)

Where: Cambourne Library, Sackville House, Sackville Way, Cambourne CB23 6HL

Opening hours: Monday 9am - 5pm | Tuesday 9am - 1pm | Wednesday Closed  
| Thursday 4pm - 7pm | Friday 9am - 5pm | Saturday 9am - 1pm | Sunday Closed

Reading Well – Books on Prescription is a joint initiative between the Reading Agency and the Society of Chief Librarians, both working closely with local library services. This initiative enables GPs and other health professionals to recommend self-help books for people to borrow from their local library. The scheme contains several lists of books endorsed by health professionals, including Reading Well for common mental health conditions, Dementia, Shelf Help - Reading Well for young people, and Reading Well for people with long term conditions.

You can find the entire booklists at <http://reading-well.org.uk/books>. Readers can request for these books from any Cambridgeshire Library. Leaflets about each booklist are available from all libraries, while health professionals can order leaflets and posters via HPAC Cambridgeshire: <http://hpac.cambridgeshire.gov.uk/HPAC/>.

Apart from the Reading Well collections, you can also find the Cambridgeshire Autism Book Collection in the libraries. Selected by the Cambridgeshire Library Service, this collection contains 30 titles and provides support for people with autism, their families, carers and friends. It is a resource for the whole of the community, to help raise awareness of autism. This booklist can be found on the library catalogue or at <https://bit.ly/2HqYwJz>.

## General Help & Support



Care Network helps people to stay healthy, independent and in touch with their community.

Our Help at Home volunteers offer free short term practical and emotional support in your home to help after a hospital stay or period of illness.

Community Navigators offer information to older people and adults with disabilities on useful services and enjoyable activities, helping you to stay connected to your community. Where appropriate, we can also refer to our wellbeing service to support individuals who are experiencing mild to moderate anxiety and depression.

Our Community Development team work with local people to set up or develop small community groups or schemes. This might include working out an action plan to get started, finding volunteers and support to apply for external funding.

For more information about our services or to access support, please contact our local teams:

- Help at Home (Cambridge, South and East Cambridgeshire)

Tel: 01223 714433 Email: [hah.south@care-network.org.uk](mailto:hah.south@care-network.org.uk)

- Community Navigators (South Cambridgeshire) Tel: 01954 212100

Email: [southcambs.navigators@care-network.org.uk](mailto:southcambs.navigators@care-network.org.uk)

- Community Development (Cambridge and South Cambridgeshire)

Tel: 01954 211919 Email: [southcambscd@care-network.org.uk](mailto:southcambscd@care-network.org.uk)

If you are interested in discussing the many ways you can volunteer with Care Network, please contact our Volunteering Manager on 01954 211919 or [volunteering@care-network.org.uk](mailto:volunteering@care-network.org.uk).

## General Help & Support

### Healthwatch Cambridgeshire



We are the independent champion for people who use health and social care services in Cambridgeshire. Our job is to make sure that those who run local health and care services understand and act on what really matters to people.

We listen to what people like about services and what could be improved. We share what people tell us with those with the power to make change happen. We encourage services to involve people in decisions that affect them. We also help people find the information they need about services in their area.

- Tell us where care is good and what could be improved with the health and care services that you use.
- Contact our free Information Service if you have any questions about local health or care services, including how to raise a concern. We can put you in touch with local services or let you know what your rights are. Or get involved as a volunteer.

Tel: 0330 355 1285

Email: [enquiries@healthwatchcambspboro.co.uk](mailto:enquiries@healthwatchcambspboro.co.uk)

Web: [www.healthwatchcambridgeshire.co.uk](http://www.healthwatchcambridgeshire.co.uk)

Twitter @HW\_Cambs

Facebook @HealthwatchCambsPboro



### Community Health Information Service

We supply health info leaflets and other resources to health professionals, community workers, HR professionals, and school and college nurses in Cambridgeshire. Please visit our online catalogue HPAC Cambridgeshire and find out what we have in stock.

**Address:** Roger Ascham Library Site, Ascham Road, Cambridge, CB4 2BD

**Tel:** 01223 699 952

**Email:** [HPResources@cambridgeshire.gov.uk](mailto:HPResources@cambridgeshire.gov.uk)

**Web:** [www.cambridgeshire.gov.uk/HPAC](http://www.cambridgeshire.gov.uk/HPAC)

## Mental Health & Wellbeing



### Cambridgeshire, Peterborough & South Lincolnshire Mind

Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind aim to offer effective, accessible and co-produced services that support those recovering from mental health challenges, promote positive mental health and tackle mental health-related stigma and discrimination.

CPSL Mind offers a range of services locally, including mental health training, The Sanctuary (support for those in mental health crisis) and Wellbeing Services. Peer Support groups and Wellbeing workshops are also available as well as courses designed for mums during the perinatal period.

For more information visit: [www.cpslmind.org.uk](http://www.cpslmind.org.uk)



#### About

A series of friendly, weekly art workshops for people experiencing mild to moderate depression and anxiety. Led by a professional artist, supported by a counsellor, they offer the chance to work with a variety of art forms. Sessions last for two hours and are open to all abilities – no experience necessary – and offer the opportunity to work on something creative, stimulating and absorbing with the aim of increasing well-being.

**Phone:** 01223 353 053 | **Mobile:** 07545 641 810

**Email:** [mindsarts@gmail.com](mailto:mindsarts@gmail.com)

**Web:** [www.artsandminds.org.uk](http://www.artsandminds.org.uk)

**Address:** 47-51 Norfolk Street, Cambridge, CB1 2LD

**To refer:** Visit the website & complete the online referral form

## Mental Health & Wellbeing

### CHUMS Mental Health and Emotional Wellbeing Service



CHUMS offers support to children and young people with mild to moderate mental health difficulties, such as anxiety and low mood as well as those with significant emotional wellbeing difficulties arising from life events such as bereavement and bullying. Support may include advice, group or one to one support or therapeutic interventions through football or music.

The service works with children and young people from 4 years old to 18 in Peterborough and up to 25 in Cambridgeshire. Referrals can be made by the young person themselves or by a professional or parent/carer.

#### Contact:

Peterborough: 0330 0581 657

Cambridgeshire: 0330 0581 659

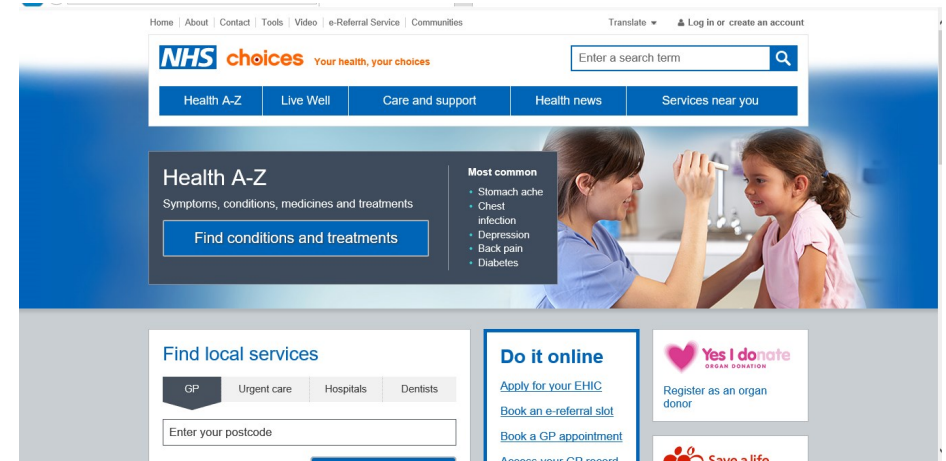
Website: <http://chums.uk.com/cambs-referral-forms>



Samaritans offer a safe place for you to talk any time you like, in your own way - about whatever is getting to you. You don't have to be suicidal to access the service. It is free to call the Samaritans and they are available 24 hours a day, 365 days a year.

Phone: 116 123 (UK) Email: [jo@samaritans.org](mailto:jo@samaritans.org) Web: [www.samaritans.org](http://www.samaritans.org)

## Pre / Post Natal Services



For baby cafés, antenatal classes, Yogabellies, daisy birthing, pregnancy pilates, infant feeding workshops and more at NHS Choices at [www.nhs.uk](http://www.nhs.uk).

#### Helplines and further support

BRAS (Breastfeeding Reassurance and Support) Tel: 07900 445135 (7 - 10pm)

National Breastfeeding Helpline Tel: 0300 1000 212 (9.30 - 9.30pm)  
Web site: [www.nationalbreastfeedinghelpline.co.uk](http://www.nationalbreastfeedinghelpline.co.uk)

La Leche League Tel: 0845 120 2918 (24 hours)  
Web site: [www.laleche.org.uk](http://www.laleche.org.uk)

NCT Helpline Tel: 0300 330 0700 (Everyday 8 am – Midnight)  
Web site: [www.nct.org.uk](http://www.nct.org.uk)

Association of breastfeeding mothers ABM Helpline Tel: 0300 330 5453  
Website: <http://abm.me.uk>

Facebook and Twitter: [www.facebook.com/cambridgeshireinfantfeeding](http://www.facebook.com/cambridgeshireinfantfeeding)

## Mental Health & Wellbeing



The Keep Your Head website: [www.keep-your-head.com](http://www.keep-your-head.com), is a 'one stop shop' for information on wellbeing and mental health for people of all ages across Peterborough and Cambridgeshire. The Keep your Head website also has dedicated areas, providing information targeted at children and young people as well as adults including older people.

You don't need to be a service user to access the site as the information is available to anyone who feels that they need some support with their mental health.

The site provides a wealth of information on looking after your mental Health as well as self-help resources and services, both local and national that can help when you need further support. There are also dedicated pages for professionals which hold information on referral options and key contacts for specific services.

### First Response Service

The First Response Service is a 24– hour service for people experiencing a mental health crisis. The service is for anyone, of any age who is registered with a GP practice within the Peterborough and Cambridgeshire CCG area. The phone will be answered by a trained Mental Health professional who will be able to listen to your concerns and help you get the support you need.

**Phone:** 111 and Select option 2



## Mental Health & Wellbeing



### Psychological Wellbeing Service (IAPTS)

This service is set up to help those aged 17 and over who are suffering from mild to moderate depression and anxiety disorders including generalised anxiety, social anxiety, post traumatic stress, health anxiety, panic, phobia or obsessive compulsive disorder.

All of the talking therapies offered as part of our Psychological Wellbeing Service work by helping you understand what is happening to you, help you to work through your difficult feelings and learn new ways of coping in order to improve your wellbeing.

We have teams throughout the county, made up of people with different skills who offer a range of ways to help. We offer appointments throughout the day, from Monday to Friday. As well as face to face appointments there are online and telephone options.

**Phone:** 0300 300 0055      **Self referral email:** [selfreferralAPT@cpft.nhs.uk](mailto:selfreferralAPT@cpft.nhs.uk)

Lines are open from 9am to 5pm, Monday to Friday, excluding Bank Holidays.



The STOP Suicide website provides online information about what to do if you are feeling suicidal or you are worried about someone.

**Website:** [www.stopsuicidepledge.org](http://www.stopsuicidepledge.org)